

TRX CHALLENGE

By **Jonathan Ross**

SUPER-HERO WORKOUT

Unleash

*your inner-child
on your outer-adult
in a fun yet demanding
workout with
TRX Exercises
modeled after popular
Super-Heroes
designed by a
World Class trainer.*



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TRX®



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When I first discovered the TRX, I immediately fell in love with the freedom of movement and the enhanced sense of a whole-body, integrated movement that the TRX inherently provides. I feel that there is an element of fun and playfulness missing from many workout programs for adults. Kids move for fun, adults move because they have to. I believe in having fun while getting fit and that having fun and high-intensity workouts can exist together.

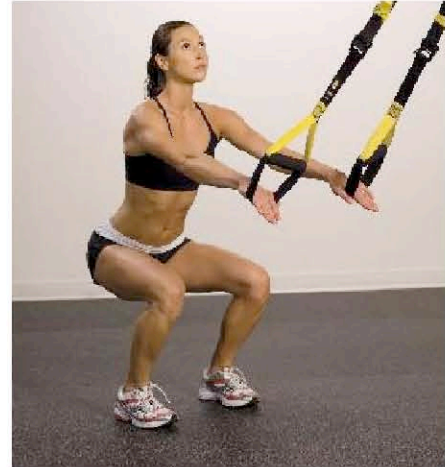
The unrestricted feeling of exercising with the TRX mixed with my creative and playful side one day after I had just seen the movie Iron Man. The next time I used a few days later, I was standing up holding the TRX and an image of Iron Man taking flight popped into my head for some reason. With the creation of the "Iron Man Squat" – the first exercise in the workout – the idea for the Superhero workout was born.

From there the ideas began flowing rapidly. I immediately had a sense that the tremendous popularity of comic book hero films would provide a great hook for a fun workout with a super piece of exercise equipment. I began thinking of signature moves and the actions for which many common superheroes are known and began creating TRX-based exercises from there.



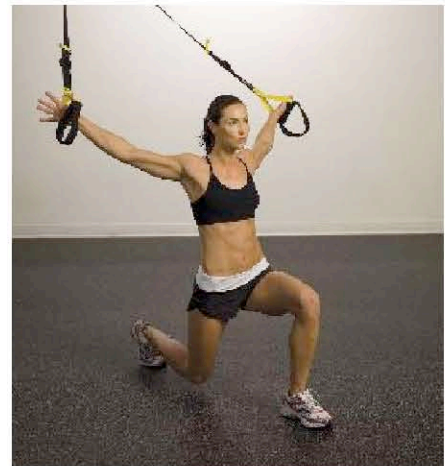
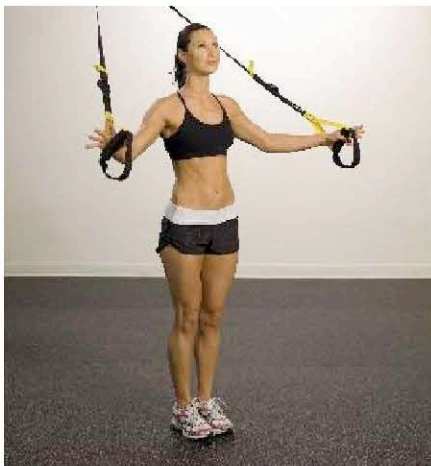
Iron Man Squats (15 reps)

Face the anchor point and slide hands through the foot cradles with palms down and fingers facing out to the side. With your feet hip width apart, maintain tension on the foot cradles as you lower down into a squat.



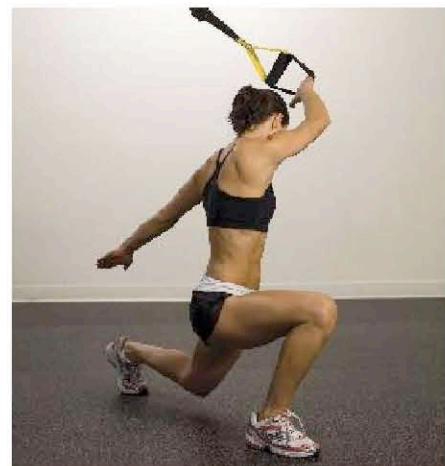
Wolverine Lunges (10 reps arms low & 10 reps arms high)

Face away from the TRX with arms bent & palms faced down. Extend arms wide with palms faced out at an angle as you lunge forward. Press back to the start position and alternate feet. For the first 10 reps, your arms angle low. For the last 10 reps your arms angle high & make a larger arc. In each position, keep your thumbs hooked onto the TRX handle & flare your other fingers forward – show your claws Wolverine!



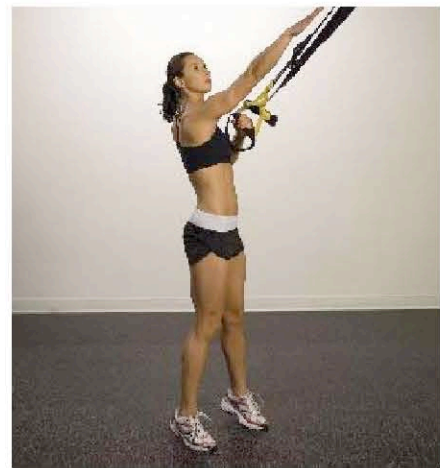
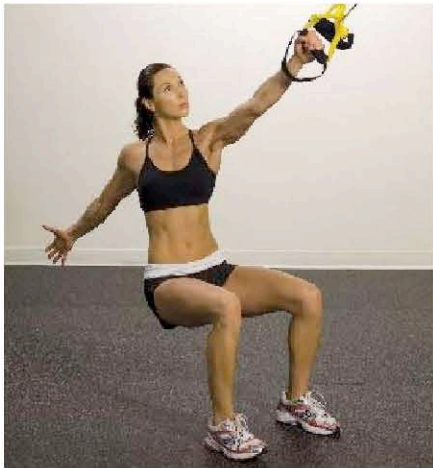
Batman Cape Throw (8 reps per side)

Face away from your anchor point and put the TRX into single handle mode. Grasp the TRX foot cradle with one hand and put the opposite knee on the ground and the leg on the same side is positioned with the knee bent and the foot flat on the floor in front of you. Stand and sweep your TRX arm over your head and return down to the original kneeling position with the TRX arm crossed over your chest, as if covering yourself like a cape. Get into the spirit of protecting yourself with your cape by ducking your head toward your arm at the bottom of the movement.



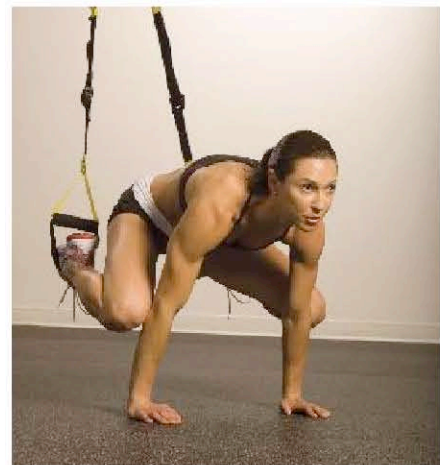
Neo Row (6-8 reps per side)

Fully shorten the TRX & put it into single handle mode. Face the anchor point. Keeping your hips & shoulders aligned lean back holding onto the TRX with one hand until your knees are bent at 90 degrees. Extend your free arm out back over your head towards the floor. Drive up with your hips & press through your heels while pulling with the arm holding the TRX & sweep the free arm toward the anchor point. Lower with control until you are back in the starting position. The bottom of the movement will look familiar as it mimics the backward bending move Neo used in The Matrix to dodge bullets.



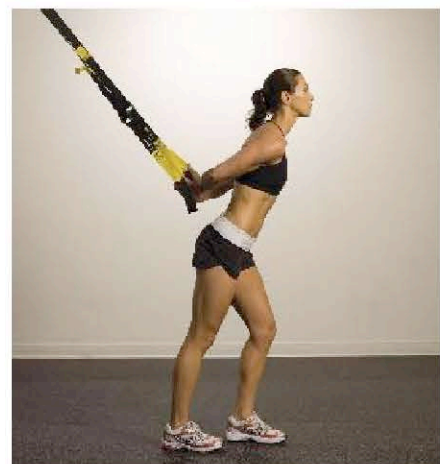
Spiderman Crunches (10-15 reps)

Suspend your toes in the foot cradles. From a prone plank position, lift hips up slightly and pull both knees wide toward but outside the elbows.



Morpheus Reverse Row (12 reps)

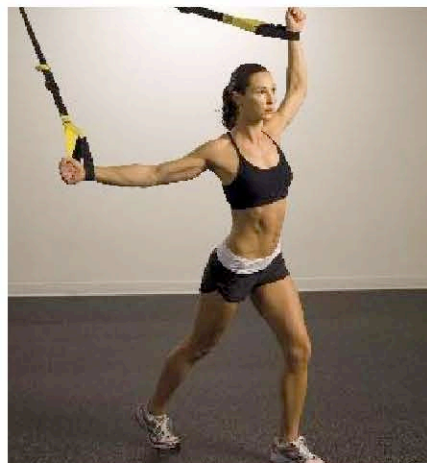
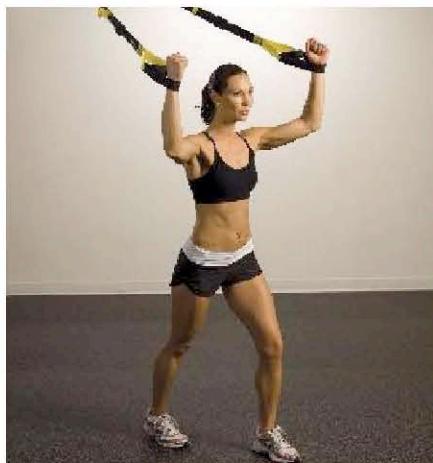
Start facing away from the TRX with a staggered stance. Grab onto the handles with arms extended back towards the anchor. Cross your arms behind your lower back stacking one handle on top of the other. Gently lean forward until your arms are fully extended and repeat.





Wonder Woman Flys (10 reps per side)

Place your wrists in the foot cradles and face away from the anchor point with a staggered stance. Bend your elbows up 90 degrees palms turned inward make a fist with your hands. Lean forward, moving one arm out away from the center of the body keeping the elbow in line with the shoulder and holding the other arm steady out in front of you. Bring the arm back to the start position. Repeat other side.



Daredevil: Rooftop to Rooftop (6-8 reps per side)

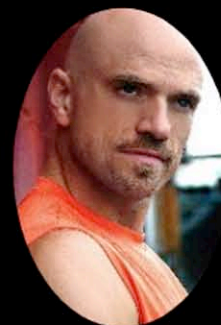
Put your toes in the foot cradles and face the ground in the prone position. Assume a pushup position where the tailbone is the highest point. Swing one leg out away from the center of the body while the other stays suspended and still. As the leg that swings out to the side returns to the start position, stop it immediately and kick-out the other leg to perform the movement on the opposite side.



Jonathan Ross creator of the **TRX Super-Hero Workout** is a TRX Master Trainer, the ACE Personal Trainer of the Year, IDEA Personal Trainer of the Year Finalist, Exercise TV's "Best Personal Trainer," Discovery Health Fitness Expert - brings a fresh perspective on fitness that garners praise from both the fitness industry and the popular media. A former astronomer, Jonathan used to study stellar bodies – now he builds them!

He can be reached at

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WIN a TRX System!

For your chance to WIN a TRX system from www.suspensiontrainingaustralia.com.au send in a script for a super-hero workout complete with photos. We are looking for the most creative and efficient exercises to featured in an upcoming issue of Bare Essentials Magazine. Email your suggestions to: inga@bare-essentials.com.au